



**STA JUNIOR  
LIFEGUARD  
ACADEMY**  
WATER SKILLS FOR LIFE

**Success  
Tracker &  
Work Booklet**

# Health & Wellbeing

**This Work Booklet  
Belongs To:**

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**Safety. Qualified.**  
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**STA JUNIOR  
LIFEGUARD  
ACADEMY**  
WATER SKILLS FOR LIFE

# Personal Success Tracker

## Seal

Seal 1	Seal 2	Seal 3	Seal 4	Seal 5
Date	Date	Date	Date	Date

## STA Distance

STA Distance 200m	STA Distance 400m	STA Distance 800m	STA Distance 1000m
Date	Date	Date	Date

## Life Skills First Aid & CPR

Junior Medic First Aid 1	Junior Medic First Aid 2	Junior Medic Resus 1	Junior Medic Resus 2
Date	Date	Date	Date

## STA Skills Development

Synchronised Swimming Taster 1	Synchronised Swimming Taster 2	Water Polo Taster	Diving Taster
Date	Date	Date	Date

## Lifeguard Skills

Rescue Tube	Rescue Tube With Fins	Fin Swimming Pool	Fin Swimming Beach	Boogie Board Pool	Boogie Board Beach	Communication Skills 1	Communication Skills 2
Date	Date	Date	Date	Date	Date	Date	Date

## Lifesaving Physical Challenges

Snorkelling 1	Snorkelling 2	Total Seal	Ocean Awareness 1	Ocean Awareness 2	Inland Open Water	Sea Scooter 1	Sea Scooter 2	Community Safety Award
Date	Date	Date	Date	Date	Date	Date	Date	Date

## Sport Strand Speed

Sports Skills Pool 1	Sports Skills Pool 2	Sports Skills Pool 3	Sports Skills Beach 1	Sports Skills Beach 2	Starts & Turns Lifesaving
Date	Date	Date	Date	Date	Date

## Health & Well-being

Water Safe Awareness	Pool Safe Awareness	Surf Safe Awareness	Sun Safe Awareness	Enviro Safe Awareness
Date	Date	Date	Date	Date



# Health and Wellbeing Safety Awareness

**Water Safe  
Awareness**  
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**Pool Safe  
Awareness**  
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**Surf Safe  
Awareness**  
PAGES 16-24

**Enviro Safe  
Awareness**  
PAGES 31-39

**Sun Safe  
Awareness**  
PAGES 25-30

# Water Safe Awareness

## Water safety around the home

Match the hazards below with the action you could take to make it safe:

Cover with a secure lid

Children should not be left playing unsupervised in these, empty and put away after use

Empty after use and remove the plug

Children should be supervised at all times, empty and remove the plug after use

Check these are empty after use and store away from children

Keep the door shut at all times

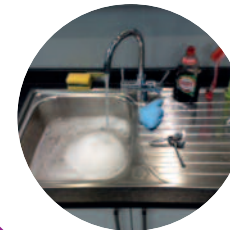
Fence these off and cover with mesh.



Water butts



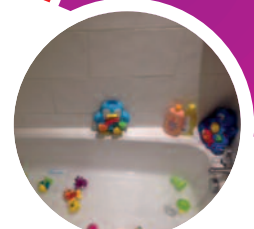
Washing machines



Wash basins



Fishponds



Baths



Paddling pools



Buckets

# Water Safety Awareness

## Make your home water safe:

- Anything that can hold water should be emptied after use
- Check that pools and ponds have secure fences to stop children gaining access
- Children should not be left unattended in the bath even if using bath seats or rings as these can easily tip over.



### Fact:

Drowning is the 3rd highest cause of accidental death worldwide more than 300 people accidentally drown in the UK every year.

# Water Safety Awareness

Match the hazard with the open water location (some hazards are present at more than one location)

Overhanging, sloping or grassy banks that can cause slip and trip hazards

The depth is unknown and can change suddenly

Strength of currents and even tides

Often polluted with oil, fuel and harmful bacteria

Weeds, mud, silt and plant life can make it difficult to swim and climb out

Often contain objects hidden beneath the surface such as shopping trolleys

The walls are often steep and slippery with very few places to climb out

Deep and cold water which will make swimming very difficult

There may be boats

Steep, slippery and weak banks could make it difficult to climb out.



Quarries



Canals and locks



Rivers, lakes and reservoirs

### Remember:

If you are participating in an activity on or around open water remember to:

- Only participate in activities led by a trained person/organisation
- Wear a buoyancy aid or personal floatation device (PFD)
- Wear protective clothing - like a wetsuit and a helmet
- Carry a whistle so you can alert others in the group if you get into difficulty
- Wear a brightly coloured hat if you are swimming so you can easily be seen
- If you feel cold – get out and get warm.

# Water Safety Awareness

## Water safety on holiday

Families on holiday should not relax their attitudes towards water safety as even on holiday there are many hazards- particularly abroad where safety standards may be different to those in the UK.

### When arriving at your holiday destination remember the following:

- Children should be supervised at all times- when adults are distracted unpacking, checking in, or setting up don't be tempted to explore by yourself always take an adult with you
- The whole family should familiarise themselves with the local area, what hazards are there? How could you summon help in an emergency? If there is a swimming pool is it securely fenced and is there a lifeguard?

## Holiday villas

- Drowning incidents often occur early in the morning before parents are awake
- When booking check that if there is a pool it is securely fenced and can be locked to stop access
- Don't leave equipment such as sun loungers next to the fence, these could be used to access the pool by climbing
- Follow the SAFE code if you want to go swimming, go with an adult.



### Note:

When on holiday near open water locations look out for safety signage warning you of hazards and giving information on how to remain safe.



# Water Safety Awareness

## Camp sites and holiday parks

- Are often near to rivers or lakes and have limited safety equipment
- If camping abroad safety signs may not be in English so extra care needs to be taken to stay safe
- Swimming pools on camp sites do not always have lifeguards.

## Swimming and alcohol

Alcohol is a common factor in many drownings because:

- Alcohol consumption can make swimmers lose the ability to think clearly and take risks they would not normally take- often with tragic consequences
- Alcohol causes swimmers to lose body heat more quickly making them vulnerable.



### Activity:

Design a poster to help your family and friends stay safe while they are on holiday.

Instructor's signature

Date complete

# Pool Safe Awareness



Although the swimming pool is considered the safest environment to swim in accidents can still occur. Therefore it is vital for Junior Lifeguards to understand hazards present in a swimming pool and how to ensure safety of themselves and their friends during their visits. Not all swimming pools are the same, they come in various sizes, shapes and depths, there are indoor pools and outdoor pools, heated pools and unheated pools. Because of this variation it is important to take time to familiarise yourself with the features at each new swimming pool on your first visit.

## Lifeguards

You should always swim in pools that have a lifeguard on duty. Before visiting a pool for the first time find out whether there is someone supervising the pool, this is particularly important if you are on holiday abroad where the arrangements may be different.



**Circle all the jobs below which a lifeguard should do:**

- Observe the pool and its users
- Answer the phone
- Provide help and advice
- Prevent accidents
- Effect a rescue if needed
- Show off their diving skills.

**What colour T-shirt should a lifeguard wear?**

Red      Yellow      Green      Blue

### Note:

#### Always:

- Listen to the lifeguards
- Read and take note of safety signs- if it says don't do it – DON'T
- Walk on the poolside as it is often slippery
- Check how deep the water is before you get in, jump or dive
- Leave the pool when told to do so.

# Pool Safe Awareness



## Pool signage

Signage should give you details on:

- What activities are not allowed at the pool like no diving or no running
- Information and advice – for example depth markers
- Safety notices.

**Can you think of 3 signs you would find around a pool?**

- 1.
- 2.
- 3.

**Can you list 3 things you are not allowed to do at a pool?**

- 1.
- 2.
- 3.



# Pool Safe Awareness

## Pool hazards

Match the pictures to the correct hazard description:

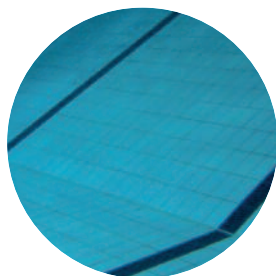
Be aware of objects such as toys and buoyancy aids left out on the poolside which could cause swimmers to trip over

If used incorrectly you may slip and fall down them

Do not swim down to them, lie over them or stick your fingers in as you may become trapped

Weak swimmers may pull themselves into deeper water

A sudden change in pool depth may mean a weaker swimmer becomes out of their depth.



# Pool Safe Awareness

## Activity hazards

### Diving

Insert the missing words

*water signs lifeguard  
swimmers head toes  
backwards bombing run.*

Look for \_\_\_\_\_ to see if you are allowed to dive. If unsure, ask the \_\_\_\_\_.

Check the depth of the \_\_\_\_\_ before diving.

Check the area is clear of other \_\_\_\_\_ before diving.

Perform a shallow dive from the poolside with your \_\_\_\_\_ over the edge and arms stretched above your \_\_\_\_\_.

Do not \_\_\_\_\_ before diving.

\_\_\_\_\_, somersaults and \_\_\_\_\_ dives are dangerous as you may risk injury to yourself and others.





# Pool Safe Awareness

## Activity hazards

### Acrobatics

Excessively boisterous games, activities and acrobatics increase the chances of swimmers colliding with each other or with the poolside or of landing on top of other swimmers.



### Underwater swimming and hyperventilation

Taking deep breaths (hyperventilation) can sometimes cause you to feel light headed and even to pass out. Make sure you breathe normally before submerging and avoid swimming long distances underwater.



### Note:

#### To keep safe:

- Ensure you always check the pool signs and obey the pool rules
- Look out for hazards and avoid hurting yourself and inform your friends of the dangers
- Listen to the lifeguard at all times.



### Remember:

If you see someone in difficulty in a swimming pool attract the attention of the lifeguard or another adult who will be able to help.

# Pool Safe Awareness

## WORDSEARCH

- STEPS
- DIVING
- WATER
- LIFEGUARD
- DANGER
- SWIM
- GUTTER
- DEPTH



S	A	E	G	T	S	S	Q	R	D
T	U	V	S	F	C	A	P	D	A
E	H	I	J	W	K	W	L	M	N
P	E	B	A	L	I	E	N	O	G
S	L	I	S	W	A	M	S	E	E
G	U	A	S	R	D	Y	K	M	R
G	U	T	T	E	R	L	I	F	A
D	G	B	A	W	L	P	D	R	G
I	U	C	P	A	I	O	R	E	E
V	A	U	S	T	F	E	I	D	A
I	T	H	I	A	E	E	A	D	P
N	E	G	S	R	G	S	N	E	E
G	R	K	T	W	U	T	K	P	D
D	G	T	E	E	A	A	A	T	C
I	U	H	I	A	R	P	Y	H	C
W	A	T	E	R	D	E	L	D	H



## Questions

Q: Why is taking deep breaths before going underwater dangerous?

---

Q: Why shouldn't you dive down to a pool drain cover?

---

Q: What should you do if you see someone in difficulty in a swimming pool?

---

Instructor's signature

Date complete





# Surf Safe Awareness

## Know your flags

Flags give important advice so it is important to know what each one means. Match the flags below to their meaning:



Blue beach flag

Lifeguard on duty – always swim between the flags

Danger do not enter the water

Danger – watercraft in this area, you should not swim in areas where this flag is flying



Green beach flag

Shows the direction of the wind. Off shore winds can sweep you out to sea and make it difficult to return to shore

The water is calm. This doesn't make the water safe you must still be careful and look for areas where a lifeguard is present



Red cone beach flag

This flag is only awarded to beaches that have met high safety standards for water quality, safety and are well managed.



Red and yellow beach flag



Red beach flag



Black and white checkered flag

### Note:

**Always swim in areas patrolled by a lifeguard.**

## Surf Safe Awareness

### Look for signs

When visiting the beach take time to check for any signs and follow any advice given.

What signs might you find at the beach?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# Surf Safe Awareness

## Hazard Awareness

### Waves

- Caused by wind blowing across the surface of the water
- The stronger the wind the bigger the waves
- A strong wave could knock you off your feet even in shallow water
- Can drag you out to sea if you are standing in or near the water.



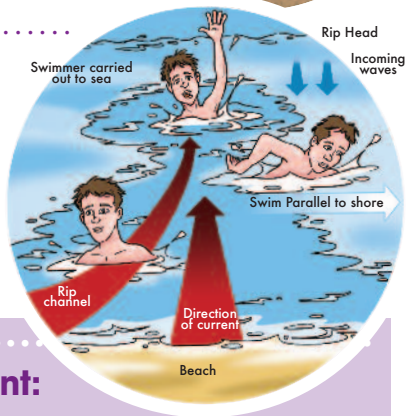
### Tides

- Can come in very quickly trapping unaware swimmers away from safety
- When visiting the beach make sure you know the times of high tides there are usually two a day.



### Rip currents

- These are strong currents that can quickly drag swimmers out to sea
- On the surface they may look calm and possibly brownish in colour because the current beneath has churned up the sand from the sea floor.



### If you get caught in a rip current:

- Stay calm and try to stand up if possible
- Shout for help
- Wave your arm above your head so you can be seen
- Swim parallel to shore until you are out of the rip.

# Surf Safe Awareness

## Rocks and rock pools

- Rocks may be slippery particularly if wet or covered in sea weed
- Surfaces are often very uneven making it easy to trip over
- Unwary swimmers may become cut off by a rising tide.



## Manmade structures

Water flows and swirls around these causing strong currents that make it hard to get away. Label the following manmade structures:



### Note:

Stay away from manmade structures.



# Surf Safe Awareness

## Cliffs

- Sometimes they can break away
- You may get cut off by the tide
- You may slip and fall if you climb
- Attempting to jump from cliffs into the water below is extremely dangerous as the depth of water is unknown and there may be many dangers hidden underneath the water's surface.



## Sandbanks and sand bars

May be exposed at low tide.

They can:

- Cause you to get cut off by the tide as the water rises
- Create dangerous underwater currents
- Cause very sudden changes in water depths
- Collapse.



### Note:

Stay away from sandbanks and sand bars they can be very dangerous.

## To keep yourself safe when walking in coastal areas make sure you:

- Stick to marked footpaths
- Do not go near the cliff edge
- Take extra care after rainfall as surfaces may be slippery
- Ensure you take note of the times for high tide and pay attention to the weather which can change very quickly
- Never go out walking by yourself, always go with an adult.

# Surf Safe Awareness

Read the sentences below and circle those that give correct safety advice for using inflatable toys at the beach:

- Listen to the lifeguards
- Use them in areas where there are no lifeguards present
- Only use them between the red and yellow flags
- Only use them when the red flag is flying
- Tether them to something firm so they do not get swept out to sea
- Inflatables are suitable for use in all weather conditions
- DO NOT use when the wind is blowing offshore
- DO NOT use when the wind is strong
- DO NOT use when the tide is coming in
- DO NOT use when the tide is going out.



### Note:

#### Inflatable boats and toys

Inflatables are very light and can be blown or dragged out to sea easily by the wind or tides.



### Wildlife:

There may be dangerous wildlife, the sea is their home, so respect all wildlife and treat it with care.





# Surf Safe Awareness

## Cold water

In warm weather the surface of the water may feel quite pleasant, but underneath the surface where the heat of the sun cannot reach the water is likely to be very cold. In cold water you may tire very quickly making it difficult to swim.

If you fall into cold water you may:

- Find it difficult to breathe and end up gasping for breath
- Find it difficult to think
- Become disorientated
- Suffer heart problems associated with being in cold water.



## To keep yourself safe when swimming make sure you:

- Swim where there are lifeguards present
- Only swim when the appropriate flags are flying
- Wear a wetsuit to keep to warm
- Wear a swimming hat so you can be seen easily whilst swimming and it helps keep your head warm for longer
- Make sure an adult is with you and someone on shore knows where you are swimming
- Carry a whistle so you can alert help
- Always take spare dry warm clothes to wear after swimming and try to have a hot drink afterwards.



# Surf Safe Awareness

## Activity:

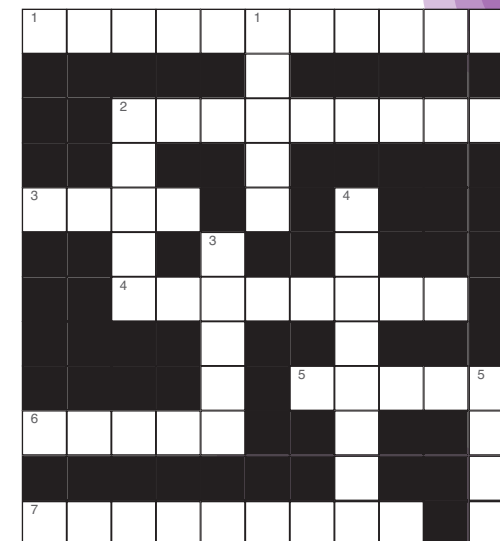
Design a leaflet to warn your friends and family about dangers they might find at the beach.

### Down

1. Come in very quickly trapping unaware swimmers from safety
2. Follow advice given on these
3. Caused by wind blowing across the surface of the water
4. Treat this with care
5. Give important advice

### Across

1. Can be blown out to sea by wind or tides
2. Cause very sudden changes in water depths
3. You should look for these when arriving at the beach
4. A manmade structure
5. You may slip and fall if you try to climb this
6. Stay away from these
7. If you fall into this you may find it difficult to breathe





# Surf Safe Awareness

Fill in the blanks using the words below

rock pools   rip currents   cold water   rip currents   boat jetties.

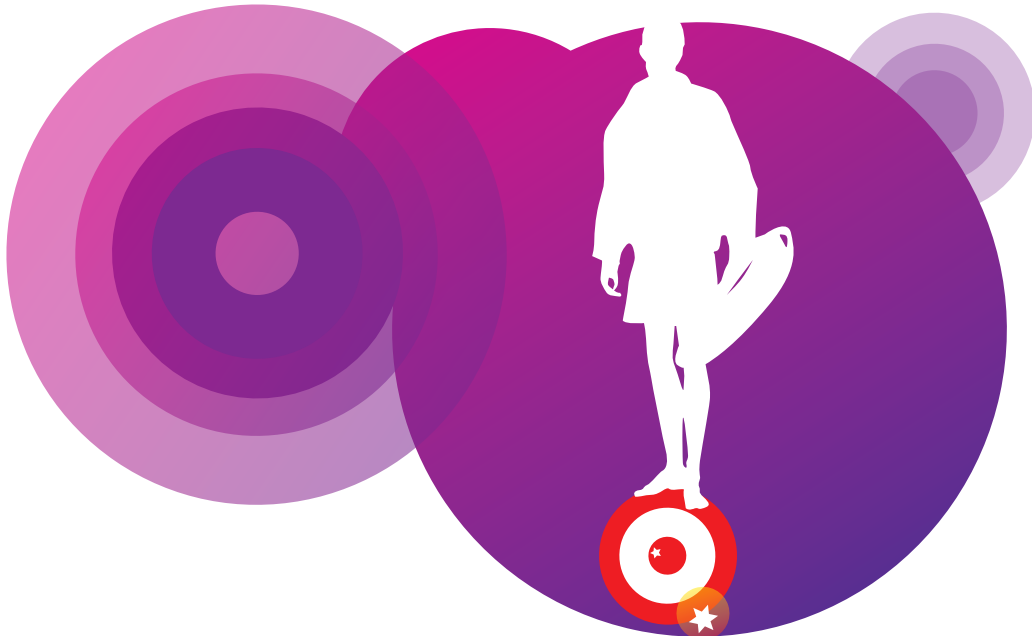
\_\_\_\_\_ are strong currents that can drag swimmers out to sea

\_\_\_\_\_ may have slippery surfaces, particularly if covered in weeds

\_\_\_\_\_ cause water to flow around them causing strong currents

Swim parallel to the shore if you get caught in a \_\_\_\_\_

In \_\_\_\_\_ you may tire very quickly making it difficult to swim.



Instructor's signature

Date complete



# Sun Safe Awareness

Put the statements below into the correct column:

- Without the sun's heat and light there would be no life on earth
- The sun is a great source of vitamin D
- Radiation from the sun can cause burns
- Being out in the sun too long can cause heat stroke
- The sun's rays can damage the skin and eyes, causing eye diseases and cancers.

Benefit	Hazard





# Sun Safety Awareness

Rearrange the following words to complete the sentences below:

The sun can be stronger:

- During the *rummse thomns* \_\_\_\_\_
- The nearer you are to the *toaqure* \_\_\_\_\_
- If you are at *ihgh littsaeud* \_\_\_\_\_ like in a mountain range because the air is thinner and this allows more of the sun's rays through
- If you are in, on or around *raew*, \_\_\_\_\_ sand or *wosn* \_\_\_\_\_ as the rays can be reflected.



### Fact:

To reduce the risk you should:

Stay out of the sun between 11am - 3pm, this is when the sun is at its strongest. Find some shade for example under a tree or umbrella or go indoors.

### Tip:

If your shadow is shorter than you are you should find some shade, the sun's rays are at their strongest so you are likely to burn.

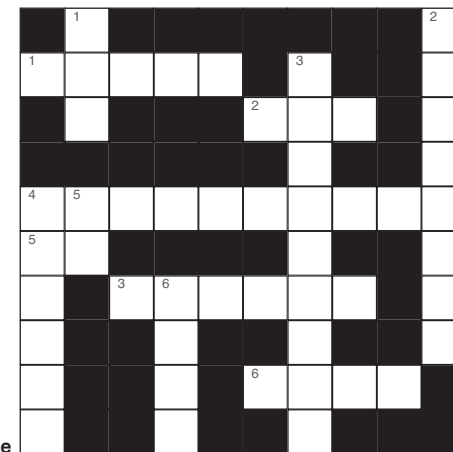
# Sun Safety Awareness

### Down

1. Wear this to protect your head from the sun
2. If you have this kind of skin take extra care
3. An ice cream scoop full of this will help protect your whole body
4. The sun's rays are strongest at this time of year
5. Check sunglasses have this kind of protection
6. Reapply your sun screen if you go for one of these

### Across

1. Drink plenty of this to keep you hydrated
2. Do not look directly at this- it can damage your eyes
3. When out in the sun always wear one of these in a cool light colour
4. Protect your eyes with a pair of these
5. Stands for Ultra Violet
6. Dark coloured clothes should be avoided because they absorb this



### Note:

Stay in the shade, slip on a t-shirt, slap on a hat and slop on some sunscreen to stay safe in the sun.

### Fact:

Clouds still allow the sun's rays to pass through them so offer very little protection against burns. If the skin is cooled by the wind you may not feel your skin burning.

### Fact:

Check the use by date on your sunscreen. If it is already open you may need to buy more as it may not offer effective protection.

## Sun Safety Awareness

Melanin is the substance which determines skin and eye colour, the more melanin the body produces the darker the skin pigmentation. Melanin helps protect the skin from the harmful effects of the sun, but those with dark skin can still become sunburned and therefore should still remember to protect themselves.



### True or false?

Read the following statements and circle the ones which are true.

- Apply SPF 30+ sunscreen 15-30 minutes before you go out into the sun, this will help prevent damage to the skin
- Don't apply sunscreen if you are planning to swim as it will wash off
- Use sunscreen with the lowest SPF possible
- Reapply sunscreen at least every 2 hours
- Check your sunglasses have 100% UV protection
- Use waterproof sunscreen if you intend to swim and reapply every time you get out of the water
- Apply sunscreen at the beginning of the day and then leave it at home
- Only use sunscreen that provides protection against UVA and UVB rays
- Eat plenty of salty snacks
- Drink plenty of water to keep hydrated.



### Fact:

Children under 6 months must not be exposed to the sun at all.

### Fact:

A suntan can age your skin prematurely.

## Sun Safety Awareness

Sunburn can often take a few hours to fully develop.

### The skin can become:

- Red and inflamed
- Hot to the touch
- Tight and itchy
- Painful.

### You may even feel:

- Sick
- Thirsty
- Cold and shivery.

### What to do

- Cool the area by having a cool bath, shower or use wet cloths directly onto the skin
- If the burn is serious get an adult to seek further advice from your GP
- Do not scratch, peel skin or burst any blisters as this can lead to scarring and possible infection
- Cover up the skin with loose, light garments made of natural materials
- Drink plenty of water to keep hydrated.

### Info:

People who work outdoors are at greater risk of skin and eye damage. Beach lifeguards, builders, gardeners, outdoor sports people, fishermen and farmers are just a few examples... can you think of anymore?



### Note:

Animals are also at risk in the sun. Ensure they have plenty of cold water to drink and are kept indoors in a cool place.



# Sun Safety Awareness

Choose the correct word from below to complete the following about the importance of keeping the body hydrated.

lost drinks water hydrated  
 active warm foods cool  
 unwell vegetables water sips sweat.

In \_\_\_\_\_ weather or when we are \_\_\_\_\_ our bodies produce more \_\_\_\_\_ to help keep us \_\_\_\_\_.

Vital fluids and minerals are \_\_\_\_\_ in this process. It is important to replace this lost fluid as without \_\_\_\_\_ the body will not work as well and you will begin to feel \_\_\_\_\_.

Water can also be found in many \_\_\_\_\_ such as fresh fruits and \_\_\_\_\_ as well as in \_\_\_\_\_.

Don't forget to keep a bottle of \_\_\_\_\_ with you and take regular \_\_\_\_\_ throughout the day to keep yourself \_\_\_\_\_.



# Enviro Safe Awareness

Many incidents occur because people are caught off guard by extreme weather, often those in the area may want to watch the effects of the weather but are not aware or prepared for the dangers such weather brings. Match the picture of the extreme weather with the appropriate hazard.

Waves breaking over the sea wall or sea front during storm conditions

Water breaking over headlands and around piers

Flood water surging under bridges

Flood water rushing through the streets

Driving through flood water- there may be unknown depths, drop-offs and underwater hazards

Playing near or walking on ice covered waterways

Heat waves causing dehydration, particularly amongst the young, the old and the vulnerable.



Instructor's signature

Date complete





# Enviro Safe Awareness

## Waterways covered in ice and snow

The shock of falling into cold water may:

- Make breathing difficult and cause you to gasp for air, this could result in water being breathed in
- Make it difficult to think, you may become disorientated and panic
- May cause cardiac arrest.

How could you help someone who has fallen through ice? Put the following steps in the correct order:

- Shout for help
- Try to remain calm and do NOT go on the ice
- Warm them up slowly using body heat and blankets whilst awaiting the emergency services.
- If there is no one around to help call 999/112 for the emergency services
- Slowly attempt to pull the casualty to shore, or instruct them to kick their legs if you have thrown a buoyant aid
- Keep well away from the edge in a safe position so that you cannot fall in. Either throw or reach out with the aid. You may need to lie down and get others to hold your legs so you don't get pulled in if reaching from the side
- Ask the casualty to move towards the side by breaking the ice in front of them with their hands if they can
- Instruct the casualty to move slowly and spread their weight whilst climbing onto the ice
- Try to find something that you can reach them with or throw. Things you may find include a rope, pole, clothing tied together, a scarf or a buoyant aid like a ball

### Note:

Stay away from frozen waterways the ice may break and you could fall through.



# Enviro Safe Awareness

## Flooding – being prepared

If you live in an area at risk of flooding it is important to be prepared. Rearrange the words below to make three sentences about steps that can be taken to prepare for flooding.

1. Floodline mobile Register a with telephone number
2. plan Consider making a flood
3. warnings Look flood local out on TV and radio for

### Note:

Floods cannot be prevented but thorough preparation will minimise the dangers and help keep everyone safe.



### Note:

Find out if you live in an area at risk from flooding by visiting: [www.environment-agency.gov.uk/floodline](http://www.environment-agency.gov.uk/floodline) or call 0845 9881188.

# Enviro Safe Awareness

## Flooding – being prepared

Match the correct description to each flood warning sign:

Flooding is possible. An early warning message about possible flooding. Remain alert and vigilant and make early preparations for potential flooding

Flooding is imminent. Immediate action is required; take measures to protect yourself and your belongings

Flooding is imminent and could pose a risk to life. There could be significant disruption to essential services, such as water and electricity supplies. Prepare to evacuate.



**Fact:**  
6 inches of fast flowing water is enough to knock an adult over, 2 feet of water is sufficient to move a car.

# Enviro Safe Awareness

Floodwater has many dangers use the words below to complete the following sentences:

*Debris dislodged bacteria cold feet chemicals hands deeper depths cycle stranded quickly polluted shallow rise quickly drive force enter.*

Even if it is \_\_\_\_\_ flood water can knock you off your \_\_\_\_\_. You should not \_\_\_\_\_ it under any circumstances.

Don't \_\_\_\_\_ or \_\_\_\_\_ through flood water it may be \_\_\_\_\_ than it looks and you might get \_\_\_\_\_.

Drain covers may become \_\_\_\_\_ by the water's \_\_\_\_\_.

Water \_\_\_\_\_ may change \_\_\_\_\_.

\_\_\_\_\_ may be swept along by the water.

It is often \_\_\_\_\_ with sewage, \_\_\_\_\_, oil, fuel and other harmful \_\_\_\_\_ so if you come into contact with flood water, wash your \_\_\_\_\_ regularly.

It is extremely \_\_\_\_\_.

It can \_\_\_\_\_ extremely \_\_\_\_\_ and can sometimes cut you off from safety.

**Fact:**  
Do not touch sources of electricity they may have been affected by the flood water and become dangerous.



# Enviro Safe Awareness

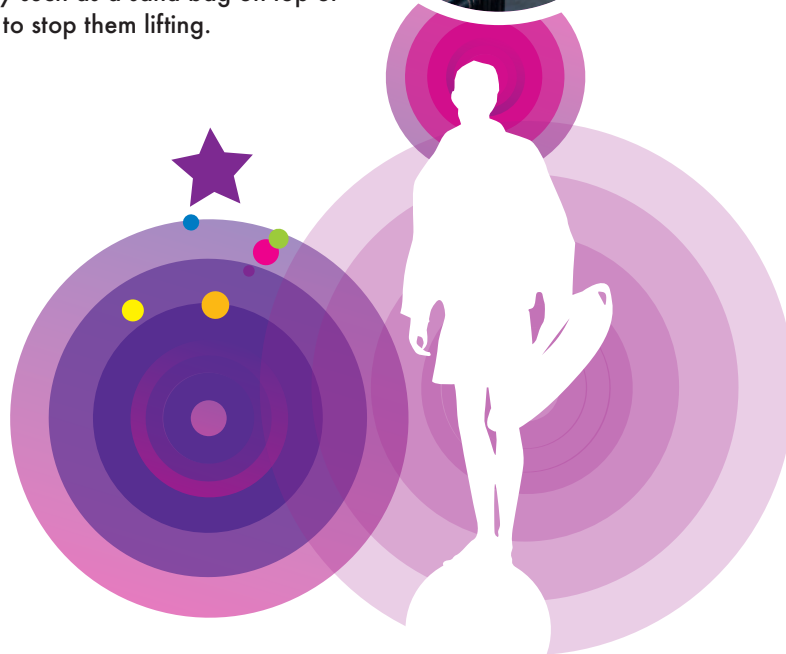
## In the event of a flood warning:

- Make sure you, your family and pets are safe
- You may need to evacuate the area and move to safety
- Follow the advice of the emergency services, for example adults may be required to turn off gas, electricity and water supplies for safety reasons.



## Try to block water from entering a building by:

- Using sandbags in front of doors
- Blocking air bricks and other areas water may enter or leave the building
- Putting the toilet lid down and using heavy articles to stop the water pushing it up
- Placing something heavy such as a sand bag on top of the bath and sink plugs to stop them lifting.



# Enviro Safe Awareness

## Activity:

Make an information leaflet to tell your family and friends what they must do in the event of a flood warning.

Find the items you would put in a flood pack in the word search below:

## WORDSEARCH

- WARM
- CLOTHES
- RADIO
- BATTERIES
- MEDICATION
- BLANKETS
- FOOD
- TORCH
- BOTTLED WATER

B	E	O	T	O	R	C	H	T	H
A	L	W	R	E	T	A	W	B	C
T	O	A	P	W	A	T	L	O	L
T	S	R	N	S	E	P	L	T	O
E	K	M	O	K	L	U	A	T	T
R	A	D	I	O	E	I	O	L	H
I	T	L	Y	S	R	T	A	E	E
E	I	D	I	O	C	A	S	D	S
S	E	A	J	D	O	O	F	F	M
M	E	D	I	C	A	T	I	O	N





## Enviro Safe Awareness

**If you fall into flood water or are swept away by it:**

- Float if possible and try to remain calm
- Shout for help
- If possible hold on to anything that is secure like a fence post or gate
- Wait for the emergency services and do NOT try to swim to safety.

### Weil's disease - dangers around open water

Those who take part in activities on, around or in open water locations are exposed to an additional danger - a bacteria called Leptospirosis that can cause Weil's disease.

This nasty bacterium is spread through infected urine from warm-blooded animals usually rats along the edge of the water margins. It is important to seek medical advice immediately if you have been in, on or near open water within the last 3 weeks and subsequently develop flu like symptoms, as this might be a sign that you have been infected. As an added precaution always make sure you wash yourself and your equipment thoroughly after exposure to open water areas.

**Note:**

**Do not eat food which has been touched by flood water.**



## Enviro Safe Awareness

### Quiz

**Circle the correct answer to the questions below.**

**1. In the event of a flood warning you should:**

- Use sand bags to stop the water entering your house
- Open all the doors and windows
- Turn on all gas and electrical appliances to make sure they still work
- Ignore the advice of the emergency services.

**2. If you fall into cold water the shock may:**

- Make it easier for you to breathe
- Help you to swim faster
- Cause cardiac arrest
- Stop you swallowing any water.

**3. If you fall into flood water:**

- Try to swim to safety
- Stay silent and await rescue
- Go under the water
- Hold on to something secure.

**4. Weil's disease is:**

- Spread through infected urine
- Cannot be caught through contact with open water
- Used for washing your hands and equipment
- Is not a hazard associated with flood water.

Instructor's signature

Date complete



# Stay safe in and around water with the SAFE code:



## Spot the dangers!

Water may look safe, but it can be dangerous. Learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you will be able to swim in cold water.

### Advice

Take safety advice!

Special flags and notices may warn you of danger. Know what the signs mean and do what they tell you.

### Friend

Don't go alone - Go together!

When playing or going near water you should always go with an adult. An adult can point out dangers or help if somebody gets into trouble. Swimming with friends and family is more fun.

## Emergency

Learn how to help!

You may be able to help yourself and others if you know what to do in an emergency.

If you see someone in difficulty:

- Shout for help
- Tell the lifeguard if there is one on duty
- Telephone 999 or 112
- Don't get in or go near the water- you could get into difficulty yourself.

## Note:

Learn how to help by completing the Junior Lifeguard Seal Awards



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